

# SOUTH CAROLINA BANK AND TRUST

## NEWS RELEASE

FOR IMMEDIATE RELEASE

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### South Carolina Bank and Trust Kicks Off New Wellness Program

South Carolina Bank and Trust introduced its new Wellness Program with a statewide kick off in 14 cities on June 28<sup>th</sup>. The new program, called the SCBT Movers & Shakers Program, is designed to help employees improve their lives physically, emotionally, mentally, and socially.

"Our employees are our greatest asset," said John Pollok, chief operating officer, SCBT. "We want to help them improve their lives by providing programs that encourage healthy habits in all areas of their lives."

The purpose of the SCBT Movers & Shakers program is to promote a healthy lifestyle, to encourage employees to take better care of themselves, and to motivate employees to make small strides toward incorporating health and wellness into their lives.

Maintaining a healthy lifestyle benefits employees in many ways including, overall general health improvement, weight loss, reduced illness, positive self-image, and less risk for serious health conditions.

Employees will have an intranet site that allows them to interact with others that are facing similar challenges, exchange healthy recipes, and highlight success stories. The site will also provide information and tips on self-improvement.

Participants can receive "SCBT Bucks" that can be exchanged for merchandise throughout the year to reward them for their efforts.

Employees who join the SCBT Movers & Shakers program will receive a pedometer to count their daily steps, a Wellness Guide and a daily log book to keep a record of their progress. The kick off the program included group walks in Columbia, Orangeburg, Summerville, Lake City, Florence, Rock Hill, Beaufort, Greenville, Bamberg, St. George, Bluffton, Walterboro, Ridgeland, and Moncks Corner.

South Carolina Bank and Trust, the 4<sup>th</sup> largest bank headquartered in South Carolina, is a subsidiary of SCBT Financial Corporation. Serving the needs of South Carolinians for over 70 years, SCBT Financial Corporation operates 36 financial centers in 12 South Carolina counties and has assets of approximately \$1.6 billion. More information can be located at [www.SCBandT.com](http://www.SCBandT.com).

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### Walk Your Way to Fitness

#### What is *Walk Your Way to Fitness*?

*Walk Your Way to Fitness* is a simple program designed to boost your physical activity every day, no matter how busy you are. *Walk Your Way to Fitness* is part of the Movers & Shakers Wellness Program, and it consists of tracking your daily steps in order to show measurements for steps, distance, and calories burned. Participants will be able to use a pedometer to track their steps, and *Walk Your Way To Fitness Guide & Daily Logs* will be provided in order for them to keep track of their progress. The logs also include tips for target heart rate, losing weight, and more.

Research shows that most people take an average of 2,000-4,000 steps per day. But active folks take at least 10,000 steps per day ... an equivalent of 5 miles!

#### How do I get started?

It's easy - all you have to do is put on your step counter (pedometer) first thing in the morning, and at the end of the day, record the number of steps you have taken in your *Walk Your Way To Fitness Guide & Daily Log*.

#### Did you know:

Walking is the easiest and most convenient sport of all – it can be done anytime and almost anywhere. You can walk indoors on a treadmill, in a mall, or even in an indoor pool. You can also enjoy the weather while walking outdoors.

#### Incentives – What's in it for you!

- ❑ SCBT Bucks earned from participating in various aspects of the *Walk Your Way to Fitness* program can be used to purchase SCBT logo wear
- ❑ Those participating in the *Walk Your Way to Fitness* program will be recognized in the SCBT *Banker's Notes*
- ❑ A "Wellness Intranet site" will be available that outlines the program. Also, the Intranet site will have a place for employees to share their success stories, healthy recipes, and submit their requests for SCBT Bucks
- ❑ Annual awards receptions will be held to recognize participants for goal achievement

**"Walking is man's best medicine." - Hippocrates of Iphicrates**

**"Thoughts come clearly while one walks." - Thomas Mann**

**"One step at a time is good walking." - Chinese Proverb**

## Body Mass Index (BMI)

BMI is a measure of your weight relative to your height. BMI is a tool that is used to estimate your body fat and health risk. The higher BMI above a healthy range the greater the risk of developing diseases such as heart disease and diabetes.

### *BMI Categories*

Underweight	BMI < 18.5
Normal Weight	BMI is between 18.5 – 24.9
Overweight	BMI is between 25.0 – 29.9
Obesity	BMI > 30
Extreme Obesity	BMI > 40

## 10 Ways to Get 10K-A-Day

1. Go around the block each trip to the mailbox or walk around the aisles of the grocery store before shopping.
2. Walk to the coffee machine or restroom farthest from your office.
3. Take a walk with your children instead of watching TV with them.
4. Pace the floor while talking on the telephone.
5. Take the stairs instead of the elevator.
6. Hold a meeting while you go for a walk.
7. Park far away from your destination and walk.
8. Walk into the bank or restaurant instead of using the drive-thru window.
9. Take a little walk while waiting for your doctor's appointment or restaurant table.
10. Take a short walk during breaks at work.

## 7 Steps to Success

1. Get some walking shoes
  - ❑ No investment in your walking program is more important than shoes. Consider your weight, walking speed, weekly mileage, and walking surface when making your decision. Ask the salesperson what to look for and why.
2. Wear the right clothes
  - ❑ Comfortable, breathable material is important. It protects your from the elements and lets heat escape as your body warms up. It's okay to sweat, but don't wear clothes that make you perspire because heat can't escape.
3. Forget the weights
  - ❑ Use hand, wrist, and ankle weights as bookends instead. They have almost no effect on heart rate, offer only modest strength gains, and greatly increase your risk for injury.
4. Drink up
  - ❑ Drink 8 ounces of water about 15 minutes before walks. In hot or dry conditions, also drink 6 ounces of water every 15-20 minutes during your walk. There is no additional benefit in sports drinks unless you're perspiring heavily for long periods of time.
5. Minimize the risk of injury
  - ❑ Do not ignore your body's warning signs. Pain in muscles and joints as well as any pain above the waist during or after your walk may be a sign of something wrong. If you notice any of these signals, stop walking and consult a healthcare professional.
6. Walk with a buddy
  - ❑ Some people can stay more consistent if they have a regular walking partner. The social aspect of walking can be almost as rewarding as the physical aspect.
7. Safety first
  - ❑ Unfortunately, we live in a world where you must always be aware of your personal safety. Be careful and don't take any chances by walking in a place or at a time when you're at risk!

# SCBT Movers & Shakers Kick Off Walks

June 28, 2005

Revised 6/24/05

City	Time	Location	Coordinator	Number of Walkers	Route
<b>Columbia</b>	5:15 p.m.	520 Gervais Street	Sherry Smith/Donna Pullen	45	Leave office and walk down Gervais to West Columbia Riverwalk. Proceed approximately one mile along riverwalk and return to Gervais Office.
<b>Orangeburg</b>	5:15 p.m.	John C. Calhoun Office 950 John C. Calhoun Dr Orangeburg, SC 29115	Sharon Woodward/Claudia Pardue	111	Walk down Middleton Street, turning right on Russell Street, then right on Doyle Street, ending at the starting location.
<b>Greenville</b>	5:30 p.m.	Butler Road Office 501 New Commerce Court Greenville, SC 29607	Emily Sherman	21	Leave bank parking lot and turn left on Butler Road. Walk one mile to Mauldin High School and return to starting location.
<b>Summerville</b>	5:30 p.m.	Summerville Catholic School 226 Black Oak Blvd. Summerville, SC 29485	Lauren Bailey	5	Walk the Sawmill Branch Trail.
<b>Northern Beaufort</b>	5:45 p.m.	Beaufort High School	Laura Langton	10	Walk the track at the school.
<b>Southern Beaufort</b>	5:15 p.m.	Bluffton SCBT Branch 1328 Fording Island Road Bluffton, SC 29910	Chrissie Casas	16	Walk the parking lot of PetSmart shopping center.

<b>Bamberg</b>	5:15 p.m.	SCBT Bamberg Office 2770 Main Highway Bamberg, SC 29003	Tanya Crosby/Al Matheny	19	Leave branch and walk south on Main Hwy 301 to Bamberg's Walking Trail. Then east along Railroad Avenue and Heritage Highway to the end and then return to the Bamberg office.
<b>Walterboro</b>	5:45 p.m.	Colleton Medical Center Walking Park	Terrance Rivers/Chastity Ginn	16	Walk along the Colleton Medical Center Walking Park.
<b>Florence</b>	5:30 p.m.	McCloud Fitness Forum	Evette Gamble	9	Walk track at Fitness Forum
<b>Lake City</b>	5:15 p.m.	Lake City Community Park	Jo Etta Floyd	5	Walk along the trail.
<b>St. George</b>	5:30 p.m.	St. George Branch 5542 Memorial Boulevard St. George, SC 29477	Amanda Brickle	14	Start walk along May Street and go to Murray Street to Ridge Street. Then to Minus Street to the park. Then return along the same route.
<b>Moncks Corner</b>	5:15 p.m.	Moncks Corner Office 317 North Highway 52 Moncks Corner, SC 29461	Pamela Mitchum	7	Walk down Hwy 52 to Main Street. Then return on opposite side of the Highway.
<b>Tega Cay</b>	6:00 p.m.	Ebenezer Road Office 1127 Ebenezer Road Rock Hill, SC 29732	Greg Ayers	23	Leave parking lot at processed up Oakland Avenue turning right onto East Main Street and looping back to Oakland Avenue then returning to the branch.

Ridgeland	5:15 p.m.	SCBT Ridgeland Office 207 Jacob Smart Boulevard Ridgeland, SC 29936	Melissa Hall	22	Leave parking lot and walk north .3 miles on Jacob Smart Boulevard to El Cheapo gas station. Then circle back and walk south .2 miles, turning left on East Main Street. Then walk east .5 miles turning left at the BP gas station and continue down to Jasper's Porch. Those who want to continue can walk along the nature trail.
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**Total Walkers**

**323**